Chemical in Apples/Apple Juice

What is an apple?

I know real head scratcher right, not an everyday question well most people would say a fruit that is red, green, or yellow and you eat it. Well that is correct, but to get more indebt you would say “Apples are a high-fiber fruit with insoluble cellulose and lignin in the peel and soluble pectin in the flesh. Their most important vitamin is vitamin C.”

What is Apple Juice?

Apple juice comes in two versions, cloudy (unfiltered) and clear (filtered). Cloudy apple juice is made simply by chopping or shredding apples and then pressing out and straining the juice. Clear apple juice is cloudy juice filtered to remove solid particles and then treated with enzymes to eliminate starches and the soluble fiber pectin.

Why I chose apples/apple juice

I chose apples/apple juice because I was watching The Dr. Oz Show and he was talking about a certain chemical in apple juice may be harming children so of course I was like wait a minute I love apple juice and as long I’ve been drinking it I never got sick so I kept watching and what he was saying is there are high levels of arsenic in apple juice, (Arsenic is a chemical element of atomic number 33, a brittle steel-gray metalloid). As most of us know arsenic can be very dangerous and when people are giving it to young ones can even turn out worse. Consumer Reports found that the majority of the arsenic in the tested juice was inorganic, the kind to cause cancer. Cancer is a disease that can possibly be with you forever and end with a sad death. I also thought of apples because I think that nobody would think of it!

Medical uses/benefits

You know what they say an apple a day keeps the doctor away! Apples are used to control diarrhea, constipation, for stool softening, passage, and collection of gallstones. They’re also used to prevent cancer. Other uses include treating cancer, diabetes, dysentery, fever, heart problems, warts, and a vitamin C-deficiency condition, scurvy. Some people also use apples for cleaning their teeth.

Not so good things about apples/apple juice or Cons

Well according to my studies I couldn’t find any bad things in apples, but what I did find out about apples is you shouldn’t cut it and then wait to eat it later you should cut it then eat it fresh. Apple juice is what you should be careful drinking too much of because of the high levels of arsenic which could turn out to be fatal.

Why Do Apples Turn Brown When They are Cut?

Probably a question everyone asks themselves when they pack their lunch and when it’s time to eat, their apples is brown. Apples turn brown when cut open due to the chemical process of oxidation. This oxidation process is being driven by the enzyme polyphenol oxidase (PPO) present in apples. When apples are sliced, bitten into, or bruised the enzymes present in this fruit are exposed to air, where they react with the oxygen in the air, by oxidizing the phenolic compounds in the apple tissues to O- Quinone. O- Quinone then produce brown colored secondary products which discolors the apple from its original color to brown.

How to prevent apples from turning brown?

One way to prevent your apples from turning brown is placing it in apple juice and it will still have the same flavor and original color because the acid in the apple juice prevents the oxidation process and retains the taste of the apple.

Works cited

fat-slice.com

www.webmd.com

www.medindia.net

www.doctoroz.com

www.nyapplecountry.com

www.buzzle.com

go.grolier.com